

Hey friends! It is so good to be joining you again! I'm so excited for you to dive into the richness of spring, the Season of Hope. Hope is one of the most powerful and essential mindsets available to us and fortunately, it is one that everyone can learn, cultivate, and nurture. Hope is about taking action. However, our culture's spring-centric obsession tends to dilute the potency and vibrancy of the beauty and bounty available in a spring season of life. But, I am hopeful that your exploration of the gifts available in this season of life in the wake of a true winter will illuminate the endless possibilities for abundance, expansion, and growth—hope in motion.

For this season's Book Club meeting, you will find another nourishing, macro-balanced recipe provided by the amazing Chelsea Jones. Additionally, you will find the audio for a breathwork exercise from my friend and certified Ashtanga Yoga instructor, Harmony Slater, that can be done as a group or saved for personal use to help us to tap into our capacity to be open and receive. Happy creating, happy emerging, happy stretching, happy blooming! Go put that hope into motion, you got this!